

# Manage your diabetes for a healthy life



## ✓ Exercise

Get moving! Work up to at least **30 minutes a day**, most days of the week. Talk with your doctor before starting any exercise plan.

## ✓ Choose Healthy Food

Follow the meal plan that you and your doctor or nutritionist have talked about to keep your blood sugar in control.

## ✓ Take Your Medicine

Make sure you know what your medicines are and how to take them.

## ✓ Check Your Blood Sugar

Talk to your doctor about how often and when to test.

## ✓ Don't Smoke

If you smoke, **quit**. Call the **NYS Smokers' Quitline (1-866-697-8487)** for help.

## ✓ A1C

Have this blood test done **2 to 4 times a year** to keep track of your average blood sugar. Less than 7 is the goal.

## ✓ Blood Pressure

Have this checked **at each visit**. Less than 130/80 is the goal.

## ✓ Cholesterol

Have this checked **once a year**. LDL (bad cholesterol) of less than 100 is the goal.

## ✓ Eye Exam

See an eye doctor for a dilated eye exam **every year**.

## ✓ Foot Exam

Take off your shoes and socks **at every doctor's visit**. Learn how to check your feet and check them daily.

## ✓ Kidney Test

Have one **every year**.

## ✓ Flu Shot

Have one **every year**. Ask your doctor if you also need a pneumonia shot.

## ✓ See a Dentist

Have your teeth and gums checked **every 6 months**.

## ✓ Having trouble managing your diabetes?

Ask your health care team for help. Talk about any feelings, problems or questions you may have.

**For more information talk to your doctor or visit:**

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org) ■ New York State Department of Health: [www.health.state.ny.us](http://www.health.state.ny.us) ■ New York Diabetes Coalition: [www.nydc.org](http://www.nydc.org)